



Asparagus



Gluten Free



Popular

READY IN



10 min.

SERVINGS



4

CALORIES



95 kcal

SIDE DISH

Ingredients

- ☐ 1 bunch asparagus
- ☐ 2 Tbsp the most exquisite extra virgin olive oil
- ☐ 2 Tbsp parmesan cheese freshly grated (omit if cooking vegan)
- ☐ 1 teaspoon lemon zest
- ☐ 4 servings salt and pepper black freshly ground

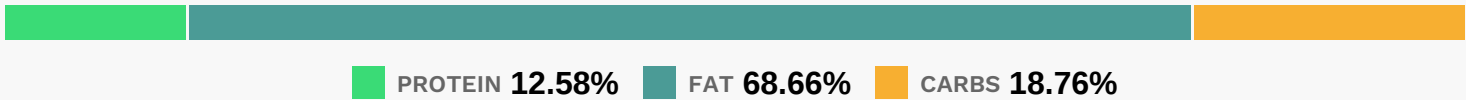
Equipment

- ☐ bowl
- ☐ sauce pan

Directions

- ☐ Heat blanching water: Fill a medium saucepan halfway with lightly salted water. Bring to a boil.
- ☐ the asparagus: While the water is heating, prepare the asparagus. Rinse them thoroughly; break off any tough, white bottoms and discard.
- ☐ Cut the spears into 1 to 2 inch sections, slicing the asparagus at a slight diagonal.
- ☐ Blanch the asparagus:
- ☐ Add the asparagus to the boiling water and lower the heat slightly to maintain a simmer. Parboil the asparagus for exactly 2 minutes.
- ☐ Drain the hot water.
- ☐ Toss with olive oil, Parmesan, lemon zest: While the asparagus are still hot, toss them in a bowl with the olive oil, Parmesan, and lemon zest.
- ☐ Salt and pepper to taste.
- ☐ Serve warm or room temperature.
- ☐ Note that when you are working with so few ingredients, it's important to make sure they are of the highest quality.

Nutrition Facts



Properties

Glycemic Index:16, Glycemic Load:0.65, Inflammation Score:-7, Nutrition Score:9.4343478012344%

Flavonoids

Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg, Luteolin: 0.01mg Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg, Isorhamnetin: 6.41mg Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg, Kaempferol: 1.56mg Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg, Quercetin: 15.73mg

Nutrients (% of daily need)

Calories: 95.39kcal (4.77%), Fat: 7.84g (12.06%), Saturated Fat: 1.4g (8.75%), Carbohydrates: 4.82g (1.61%), Net Carbohydrates: 2.38g (0.86%), Sugar: 2.14g (2.38%), Cholesterol: 2.17mg (0.73%), Sodium: 46.19mg (2.01%), Alcohol: Og (100%), Alcohol %: 0% (100%), Protein: 3.23g (6.47%), Vitamin K: 51.22µg (48.78%), Vitamin A: 872.92IU (17.46%), Vitamin E: 2.29mg (15.3%), Folate: 58.73µg (14.68%), Iron: 2.47mg (13.73%), Vitamin B1: 0.16mg (10.8%),

Copper: 0.22mg (10.77%), Vitamin B2: 0.17mg (9.87%), Fiber: 2.44g (9.76%), Manganese: 0.19mg (9.63%), Vitamin C: 6.95mg (8.42%), Phosphorus: 74.57mg (7.46%), Potassium: 234.05mg (6.69%), Vitamin B3: 1.11mg (5.53%), Vitamin B6: 0.11mg (5.28%), Calcium: 50.28mg (5.03%), Selenium: 3.47µg (4.96%), Zinc: 0.72mg (4.79%), Magnesium: 16.87mg (4.22%), Vitamin B5: 0.32mg (3.19%)